

Fig. 1A

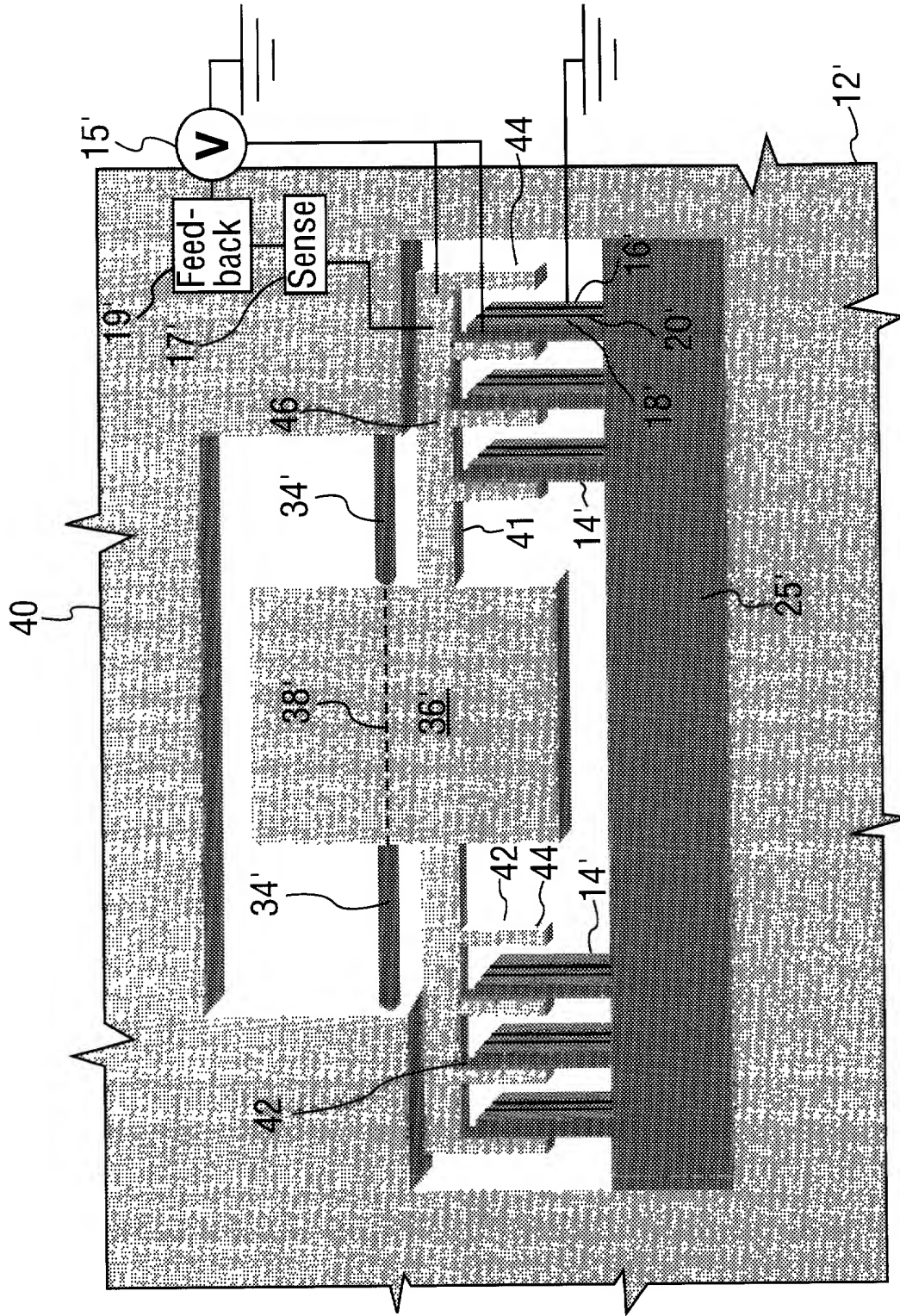


Fig. 1B



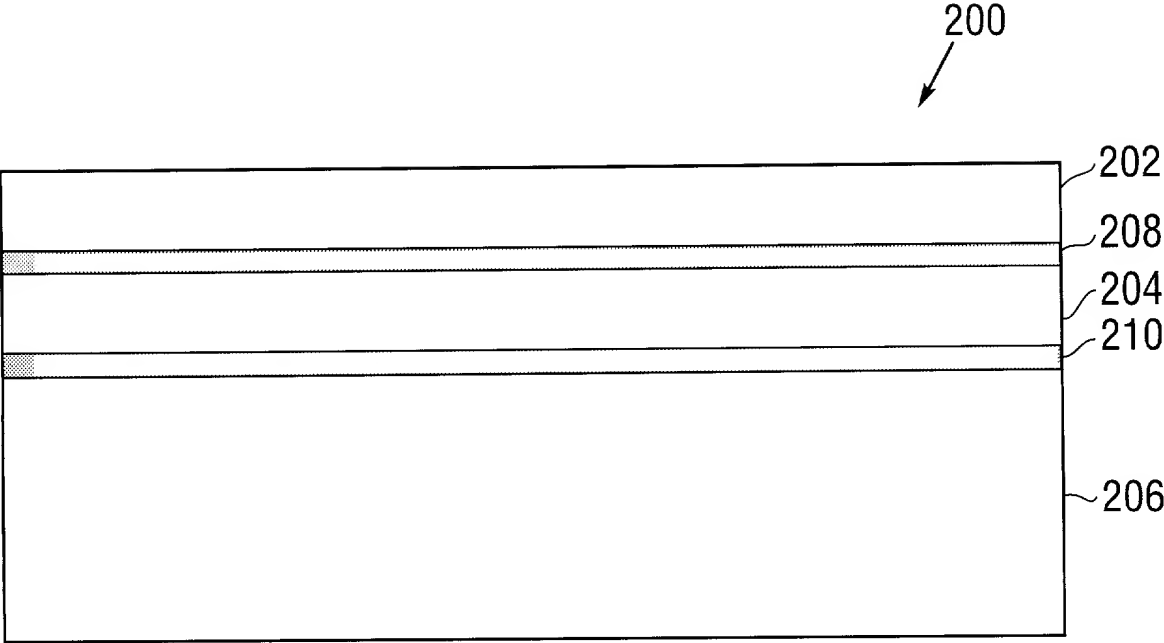


Fig. 2A

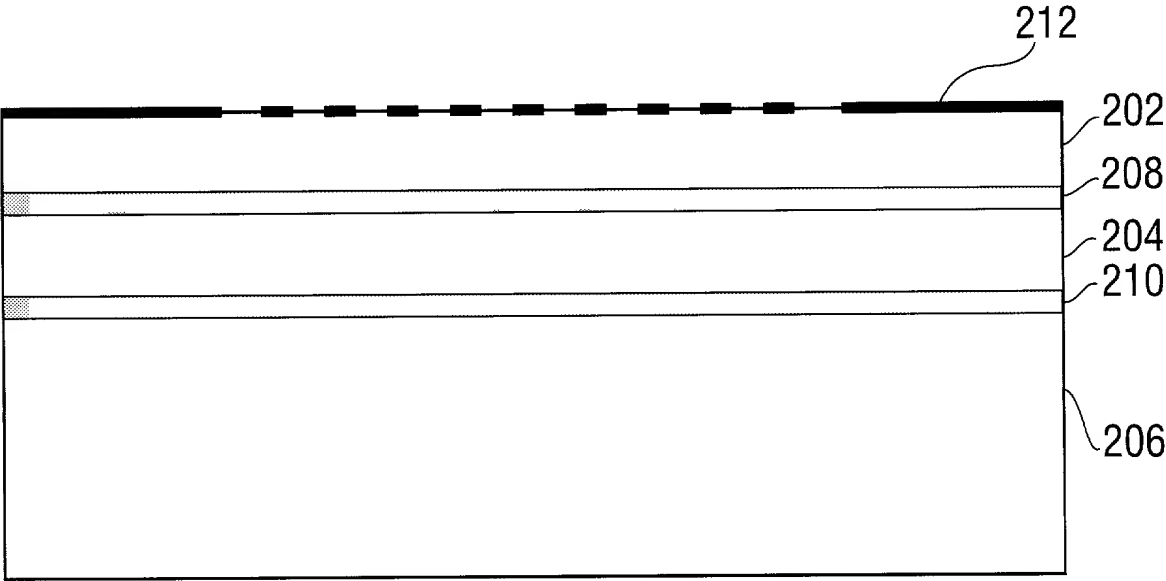


Fig. 2B

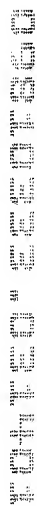


Table 1. Demographic characteristics of the study population	
Age (years)	50.0 ± 10.0
Gender	
Male	50.0%
Female	50.0%
Marital status	
Married	80.0%
Single	20.0%
Education level	
High school or above	60.0%
Below high school	40.0%
Occupation	
White collar	30.0%
Blue collar	70.0%
Income (USD/month)	
< 1000	20.0%
1000-2000	40.0%
> 2000	40.0%
Health insurance	
Yes	90.0%
No	10.0%
Smoking status	
Smoker	30.0%
Non-smoker	70.0%
Alcohol consumption	
Regular	10.0%
Occasional	20.0%
Never	70.0%
Family size	
1-2	30.0%
3-4	40.0%
5 or more	30.0%
Chronic diseases	
Hypertension	20.0%
Diabetes	10.0%
Heart disease	15.0%
Other	5.0%
Current health status	
Good	70.0%
Fair	20.0%
Poor	10.0%

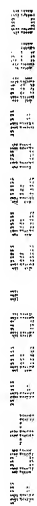


Table 1. Demographic characteristics of the study population	
Age (years)	Mean (SD)
Male	55.2 (10.5)
Female	56.8 (11.2)
Marital status	
Married	78.5%
Single	12.3%
Divorced	8.2%
Widowed	1.0%
Education level	
High school or less	65.4%
College	34.6%
Income (USD/month)	
< 1000	25.3%
1000-2000	45.7%
> 2000	29.0%
Occupation	
Professional	32.1%
Managerial	18.5%
Service	22.4%
Skilled	15.6%
Unskilled	11.4%
Retired	1.9%
Health status	
Good	72.5%
Fair	18.3%
Poor	9.2%
Chronic diseases	
Hypertension	45.6%
Diabetes	28.9%
Heart disease	15.7%
Stroke	8.4%
Arthritis	32.1%
Chronic kidney disease	12.3%
Chronic lung disease	7.8%
Chronic liver disease	3.2%
Chronic mental illness	1.5%
Chronic pain	10.1%
Chronic infection	2.7%
Chronic medication use	
Yes	68.4%
No	31.6%
Health insurance	
Yes	92.1%
No	7.9%
Health literacy	
High	55.3%
Medium	32.1%
Low	12.6%
Health beliefs	
Preventive care	78.9%
Curative care	85.4%
Alternative medicine	45.6%
Traditional medicine	32.1%
Health communication	
Mass media	65.4%
Community-based	32.1%
Individual	2.5%
Health behavior	
Smoking	
Current	15.6%
Former	28.9%
Never	55.5%
Alcohol use	
Regular	12.3%
Occasional	25.7%
Never	62.0%
Exercise	
Regular	32.1%
Occasional	18.5%
Never	49.4%
Diet	
Healthy	65.4%
Unhealthy	34.6%
Weight	
Normal	55.3%
Overweight	32.1%
Obese	12.6%
Body mass index	
Normal	55.3%
Overweight	32.1%
Obese	12.6%
Physical activity	
Regular	32.1%
Occasional	18.5%
Never	49.4%
Stress	
High	45.6%
Medium	32.1%
Low	22.3%
Sleep	
Good	65.4%
Fair	25.7%
Poor	8.9%
Energy	
High	55.3%
Medium	32.1%
Low	12.6%
Motivation	
High	65.4%
Medium	32.1%
Low	2.5%
Self-efficacy	
High	55.3%
Medium	32.1%
Low	12.6%
Health status	
Good	72.5%
Fair	18.3%
Poor	9.2%
Chronic diseases	
Hypertension	45.6%
Diabetes	28.9%
Heart disease	15.7%
Stroke	8.4%
Arthritis	32.1%
Chronic kidney disease	12.3%
Chronic lung disease	7.8%
Chronic liver disease	3.2%
Chronic mental illness	1.5%
Chronic pain	10.1%
Chronic infection	2.7%
Chronic medication use	
Yes	68.4%
No	31.6%
Health insurance	
Yes	92.1%
No	7.9%
Health literacy	
High	55.3%
Medium	32.1%
Low	12.6%
Health beliefs	
Preventive care	78.9%
Curative care	85.4%
Alternative medicine	45.6%
Traditional medicine	32.1%
Health communication	
Mass media	65.4%
Community-based	32.1%
Individual	2.5%
Health behavior	
Smoking	
Current	15.6%
Former	28.9%
Never	55.5%
Alcohol use	
Regular	12.3%
Occasional	25.7%
Never	62.0%
Exercise	
Regular	32.1%
Occasional	18.5%
Never	49.4%
Diet	
Healthy	65.4%
Unhealthy	34.6%
Weight	
Normal	55.3%
Overweight	32.1%
Obese	12.6%
Body mass index	
Normal	55.3%
Overweight	32.1%
Obese	12.6%
Physical activity	
Regular	32.1%
Occasional	18.5%
Never	49.4%
Stress	
High	45.6%
Medium	32.1%
Low</	

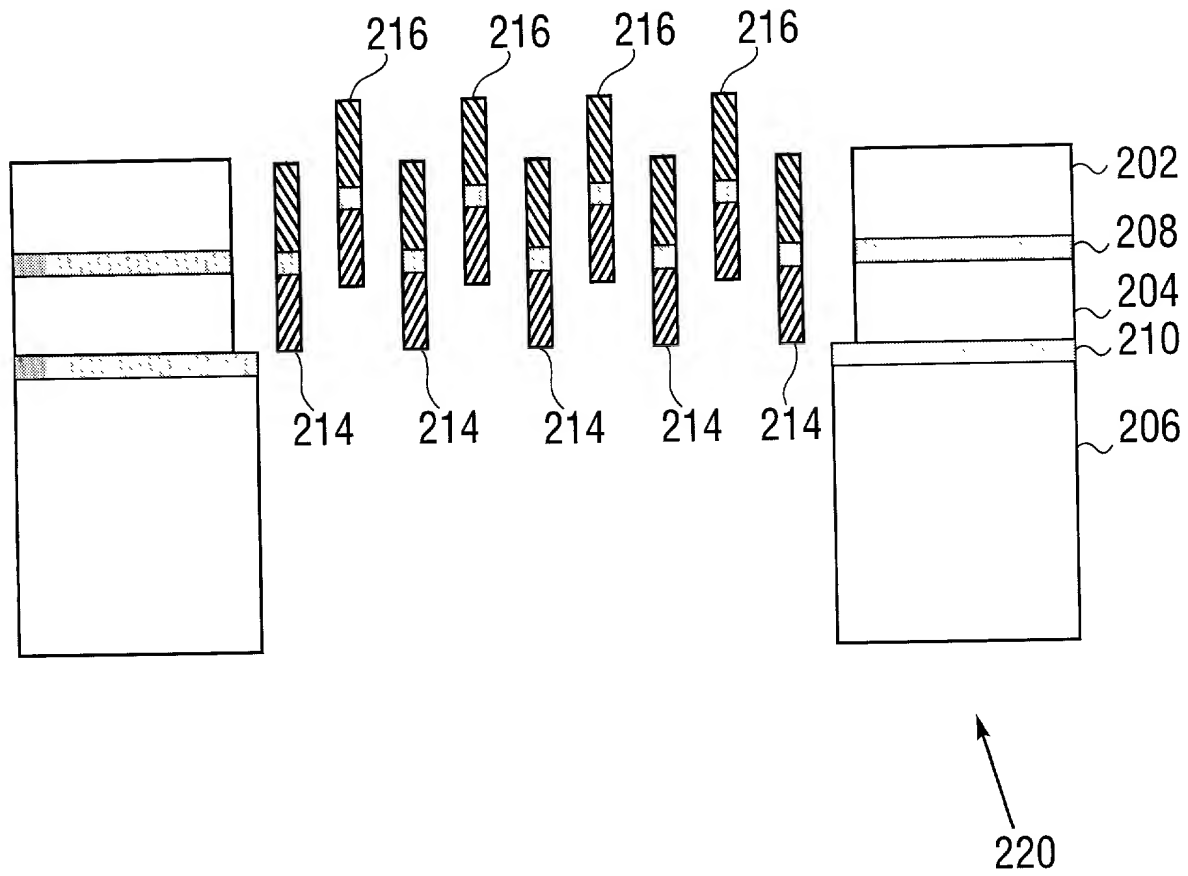


Fig. 2E

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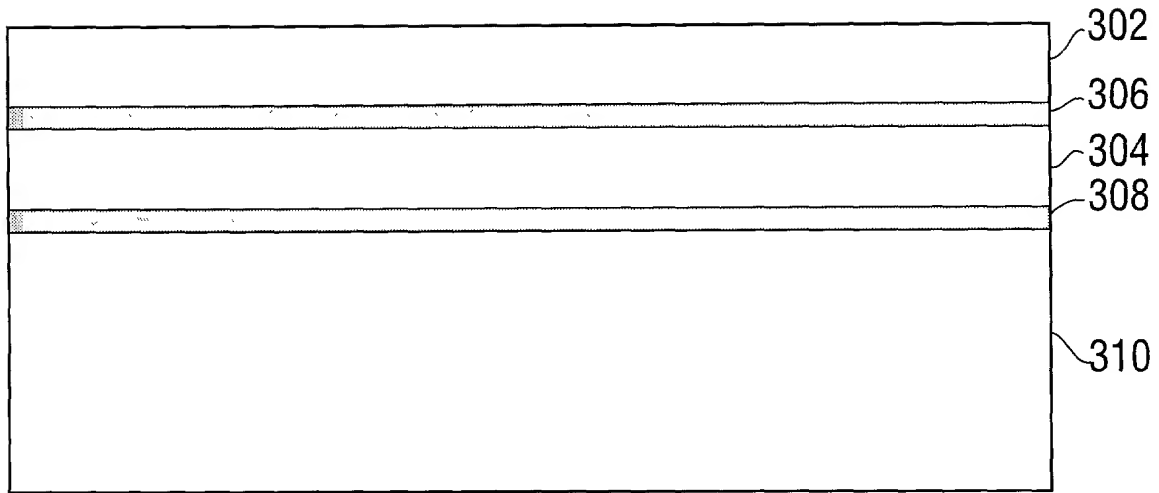


Fig. 3A

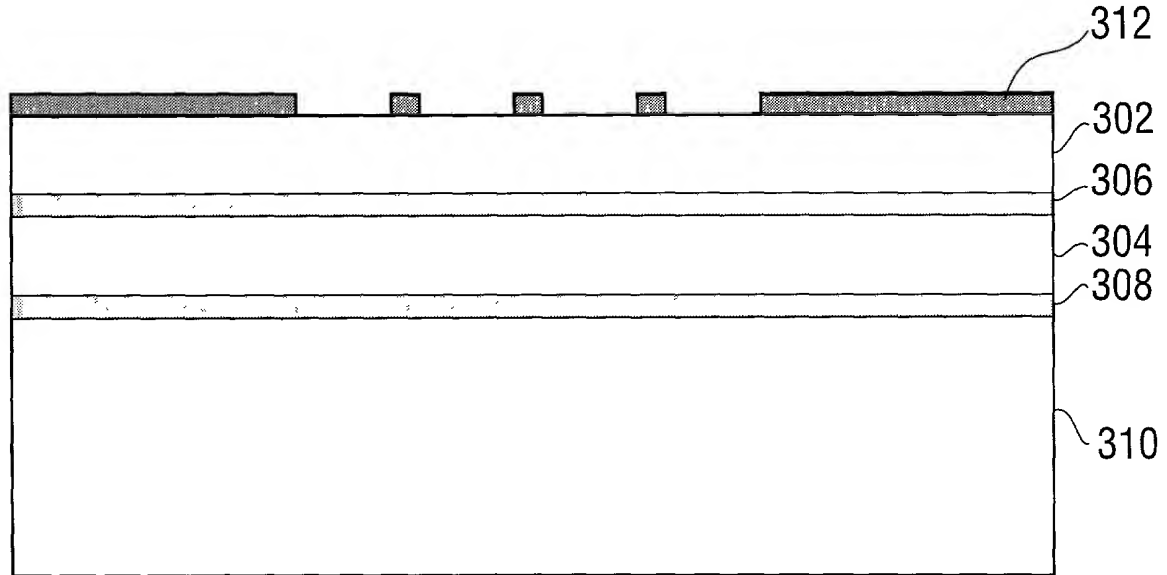


Fig. 3B

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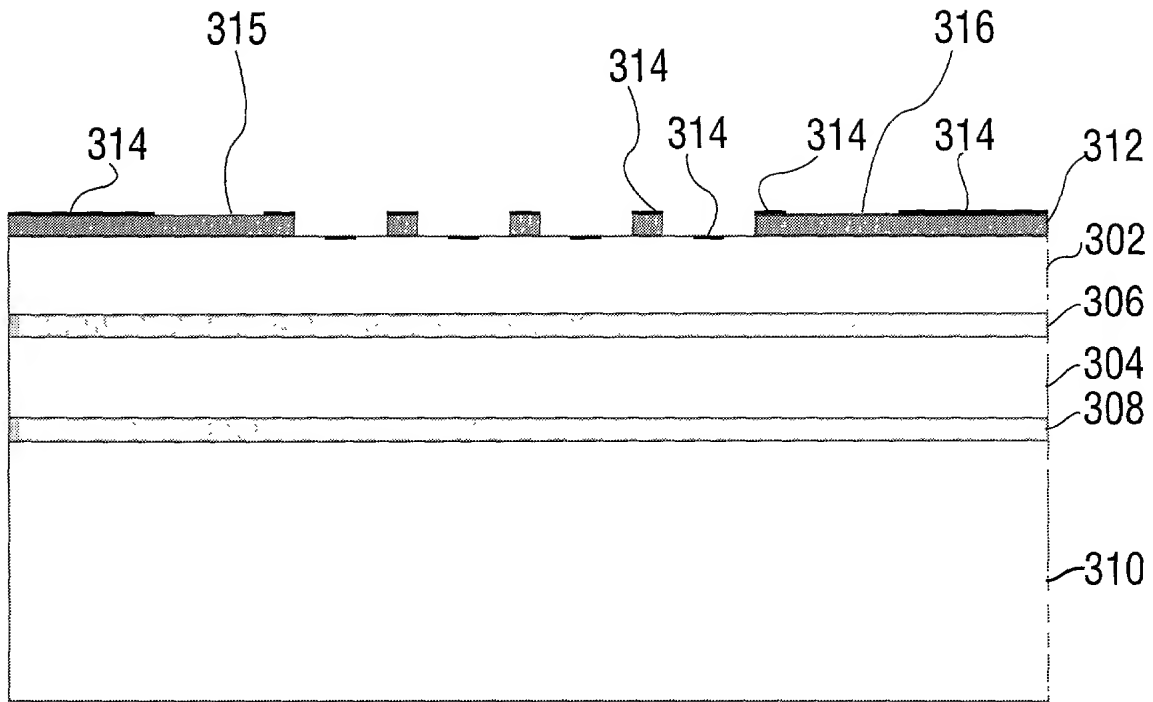


Fig. 3C

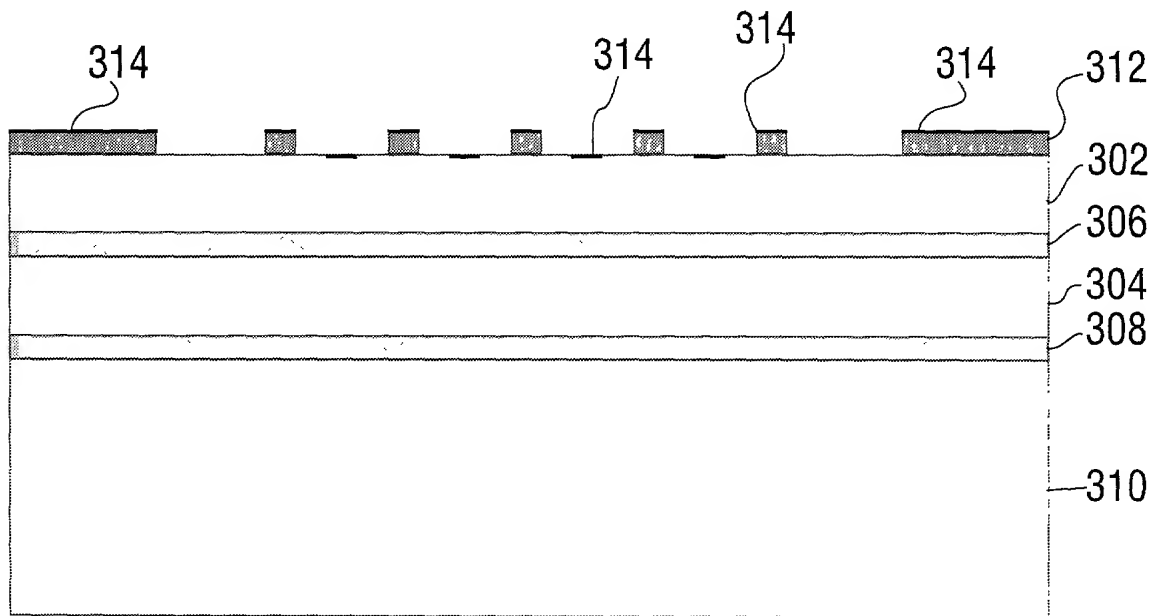


Fig. 3D

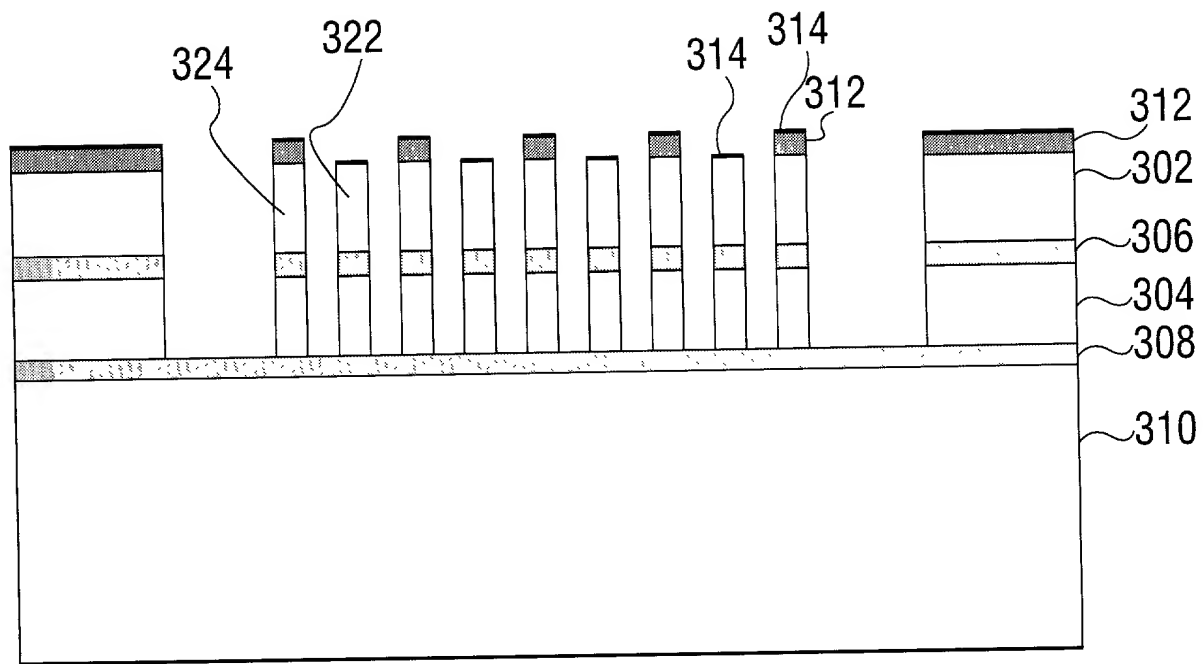


Fig. 3E

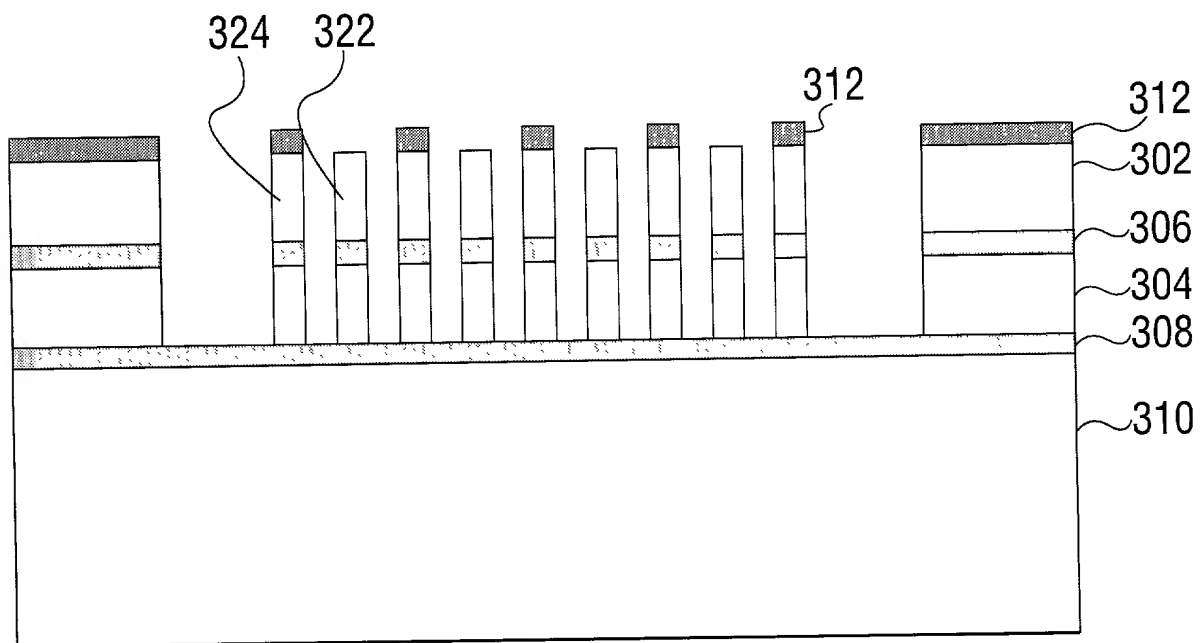


Fig. 3F

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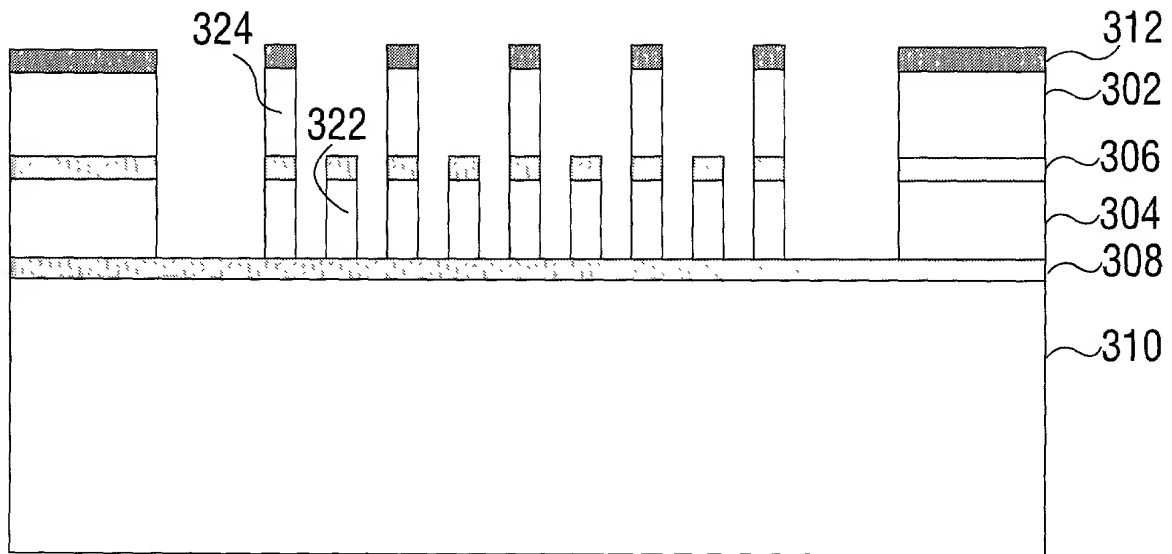


Fig. 3G

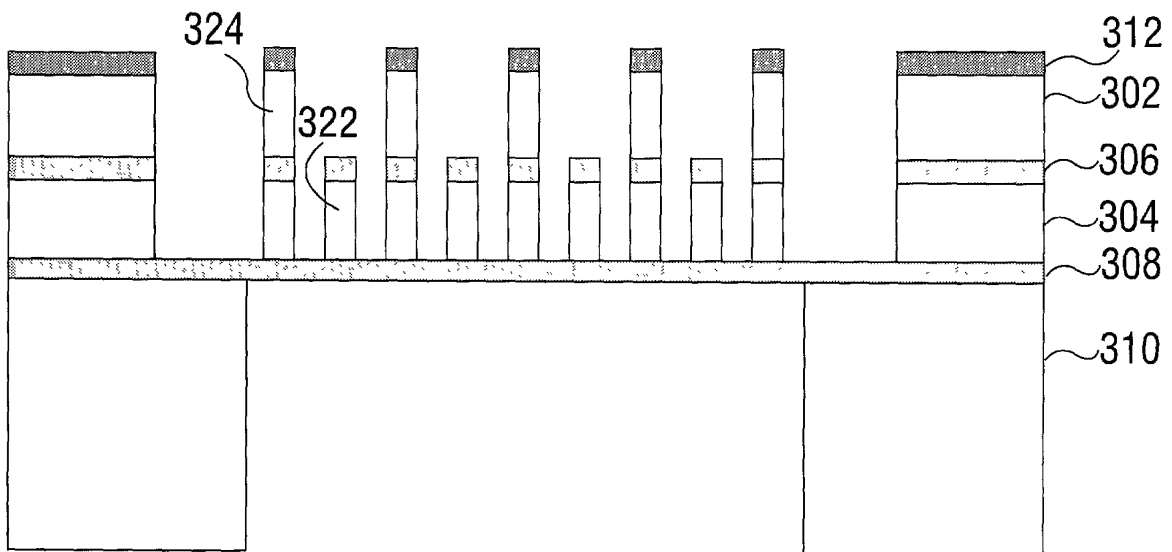


Fig. 3H

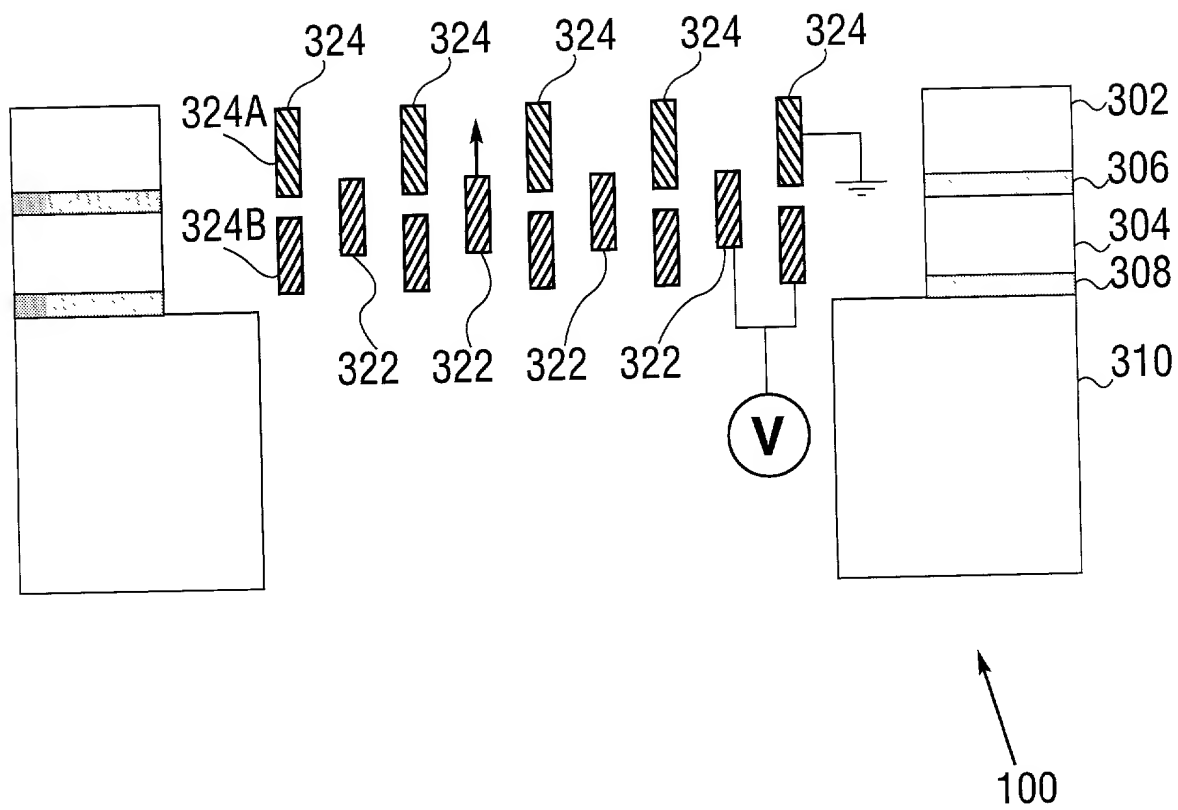


Fig. 3I